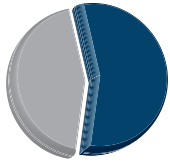


Nurses: Protect Yourself and Your Patients—Use a Lift

Registered nurses are listed as one of the **top 5 occupations with the highest number of musculoskeletal disorders** requiring days away from work.^{1,2}

More than **1.5X** as high as the average for all occupations

Over **11,000 musculoskeletal injuries** in nurses occurred in 2011, with an incidence rate of **58.2 per 10,000 full-time workers** and a median of **8 days away from work**.^{1,2}



56% of surveyed nurses experienced musculoskeletal pain caused or made worse by the job.³

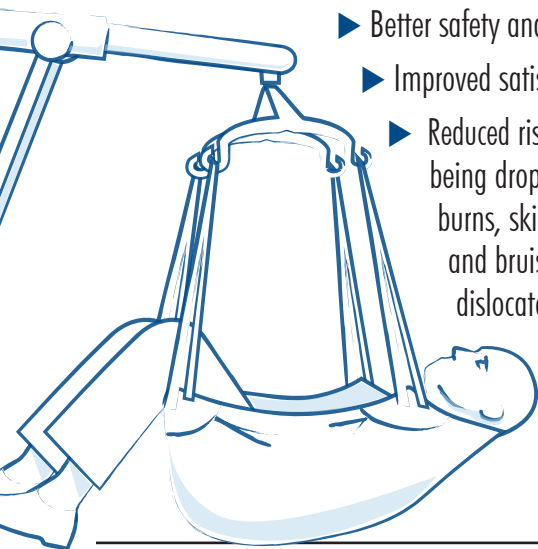
The **consequences** of musculoskeletal injuries⁴

- ▶ Chronic pain
- ▶ Disability
- ▶ Inability to work
- ▶ May be less productive
- ▶ More susceptible to additional injury

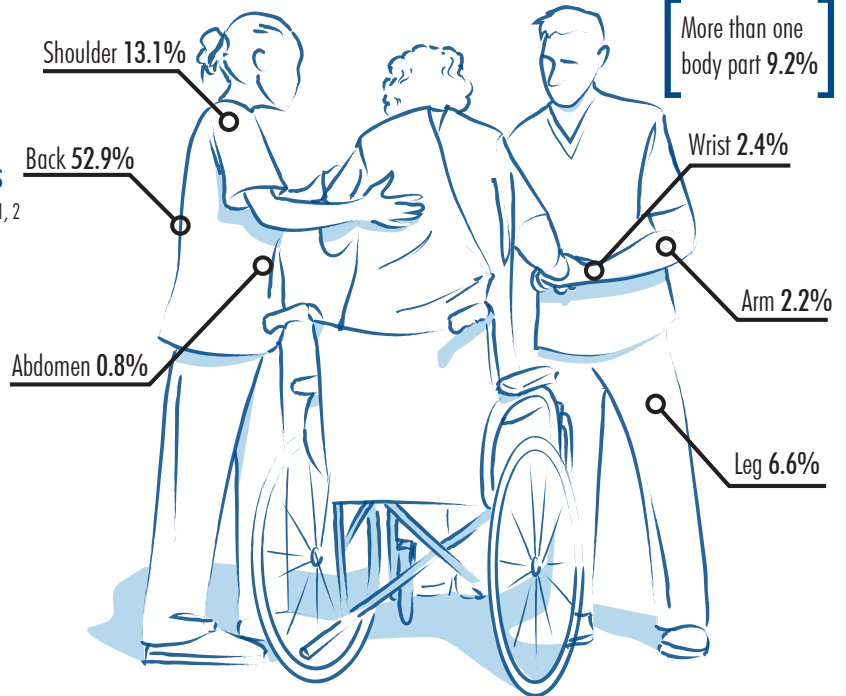


Use of **lift equipment** can **decrease injuries**. Patients can also **benefit** from lifting equipment, through:³

- ▶ Better safety and comfort
- ▶ Improved satisfaction
- ▶ Reduced risk of falling, being dropped, friction burns, skin tears and bruising, and dislocated limbs



The body parts most frequently injured are the **back and shoulders**.^{2,3}



Musculoskeletal injuries in healthcare are often related to **repeated manual patient handling activities, such as transferring and repositioning patients**, and working in awkward positions.⁴

High-risk tasks include:⁴

- ▶ Transfers: from toilet to chair; from chair to bed; from bathtub to chair
- ▶ Repositioning: from side to side in bed; a patient in a chair
- ▶ Lifting a patient in bed
- ▶ Making the bed with the patient in it

Even though **2/3 of nurses indicated that patient lifts are available** at their facility, **less than 1/3 use them frequently**.³



Maximum weight for manually moving or handling **any patient is 35 lb**. **Protect yourself—and your patients—from pain and injury by using lifting equipment**.⁵

¹ Bureau of Labor Statistics. U.S. Department of Labor. Economic news release: table 18 [online]. 2012 Nov 8 [cited 2013 Aug 2]. <http://www.bls.gov/news.release/osh2.t18.htm>
² Bureau of Labor Statistics. U.S. Department of Labor. Economic news release: nonfatal occupational injuries and illnesses requiring days away from work, 2011 [online]. 2012 Nov 8 [cited 2013 Aug 2]. <http://www.bls.gov/news.release/osh2.nf0.htm>

³ Massachusetts Nurses Association. Safe patient handling toolkit [online]. 2011 [cited 2013 Aug 9]. http://www.massnurses.org/files/file/Health-and-Safety/Articles/Safe_Patient_Handling/Safe_Patient_Handling_booklet_2011.pdf

⁴ Occupational Safety & Health Administration. U.S. Department of Labor. Safe patient handling [online]. [cited 2013 Aug 2]. <https://www.osha.gov/SLTC/healthcarefacilities/safepatienthandling.html>

⁵ Centers for Disease Control and Prevention. U.S. Department of Health and Human Services. CDC congressional testimony: safe patient handling lifting standards for safer American workforce [online]. 2010 May 11 [cited 2013 Aug 5]. <http://www.cdc.gov/washington/testimony/2010/20100511.htm>